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blespoons of sugar. Fill greased muffin pans two-thirds full. Bake in hot oven (400° F.) about 20 minutes. Makes 5 small muffins.

WAFFLES.—To 1 cup of mix add $\frac{3}{4}$ cup of water or fluid milk, 1 beaten egg yolk, and 1 to 2 tablespoons of sugar. Fold in 1 beaten egg white. Bake in hot waffle iron. Makes 2 large waffles.

CHOCOLATE PUDDING MIX

1 $\frac{1}{3}$ cups sifted flour	2 teaspoons salt
2 cups dry milk	2 cups sugar
	2 cups cocoa

(For added milk value, use 4 cups of milk powder and $\frac{3}{4}$ cup of flour in place of amounts given above.)

1. Mix all ingredients thoroughly and sift three times.
2. Put into glass or metal containers.
3. Close containers tightly and store on shelf.

PUDDING.—To 1 cup of mix, add 1 $\frac{1}{2}$ cups of water or fluid milk. Cook over boiling water 15 minutes, stirring constantly. Add 1 tablespoon of fat and $\frac{1}{2}$ teaspoon vanilla after the pudding is cooked. Makes 3 small puddings.

SAUCE.—To 1 cup of mix, add 2 cups of water or fluid milk, and $\frac{1}{4}$ cup of sugar. Cook over boiling water 15 minutes; stir constantly. Add 2 tablespoons of fat and $\frac{1}{2}$ teaspoon of vanilla after sauce is cooked. Makes 2 cups.

For additional recipes on use of dry milk, write to the United States Department of Agriculture and ask for Leaflet No. 275.

EVERYBODY, EVERY DAY,

NEEDS MILK

Fresh, Dry, or Evaporated

PA—227

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**How To
Choose and Use**

NONFAT DRY MILK

- ▶ Handy
- ▶ Tastes Good
- ▶ Nutritious
- ▶ Economical

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How To Choose and Use **NONFAT DRY MILK**

A good "buyword" for smart food shoppers is nonfat dry milk. This wholesome dairy product is made from fresh milk. Only the water and cream are removed.

Nonfat dry milk is a good buy because it—

- ▶ Helps to stretch your food dollar.
- ▶ Is easy to keep on hand. Is especially convenient for the person living alone, for small families, and for families when everyone works away from home.
- ▶ Is handy if you are vacationing away from a good source of fresh milk.
- ▶ Is a refrigerator space saver. Dry milk can be kept on the cupboard shelf and reliquefied as needed.
- ▶ It gives you the needed minerals, B vitamins, and protein.
- ▶ Adds extra milk solids to various cooked dishes to help bring diets up to daily requirements. This is especially important in dishes for older people and for children who refuse to drink as much milk as they need.

*LOOK for dry milk
in your grocery store*



Use dry milk in addition to fresh milk

The larger sized packages are generally less expensive per ounce. But for reliquefying, the convenience of the smaller sizes may help to make up for the extra cost.

Read the label for the amount in the package and for other helpful information.



CHOOSE—

1-, 2-, or 3-pound packages
for regular use in
cooking and baking.

7- to 12-ounce packages
for occasional use.

Small packets
for conveniently
reliquefying
1 quart.



AMOUNTS TO USE*

4 tablespoons dry milk
and **1 cup water =**
1 cup fluid skim milk

1 cup dry milk and
1 quart water =
1 quart fluid skim milk

1 pound dry milk and
4 quarts water =
4 quarts fluid skim milk

STORE dry milk on your cupboard shelf

Keep the package tightly closed. Dry milk takes from the air moisture that causes lumping and off flavor. With proper care, it will keep for several months.

In a hot, damp climate, put dry milk in a clean, dry jar with a tight-fitting lid. Keep in a cool, dark place.

If it is reliquefied, keep it as you would fresh milk.

To reliquefy dry milk, sprinkle dry powder on top of water. Some brands mix more easily with lukewarm water. Read the directions on the package. If reliquefied milk is allowed to stand a few hours before using, the flavor is improved. Some successful methods of mixing are:

Take one-fourth the amount of water called for and sprinkle dry milk on top. Mix with a fork, spoon, or rotary beater until you have

*Your package may call for less dry milk. However, the amount given above improves flavor and increases food value.

a smooth paste. Then add the rest of the water. This method helps to prevent foaming. Mix with a rotary beater or electric mixer. Beating slowly will cut down foaming. Shake in a tightly covered jar.

USE dry milk in your own recipes

In any recipe calling for milk, you can simply add the milk powder to other dry ingredients. Then add water for the required amount of liquid.

Enrich your cooking with nonfat dry milk. Step up the food value of some dishes with extra amounts. Dry milk can even be added to fresh milk in some recipes. Here are ways to use dry milk in your everyday cooking:

MUFFINS, PANCAKES, and WAFFLES.—Use 4 to 6 tablespoons for each cup of liquid.

BISCUITS and CAKES.—Use 4 tablespoons and 1 cup of water for each cup of milk called for in the recipe.

COOKED CEREALS.—Add $\frac{1}{4}$ to $\frac{1}{2}$ cup to each cup of cereal before cooking.

MEAT LOAF, MEAT BALLS, HAMBURGERS.—Use $\frac{1}{4}$ cup to each pound.

MASHED POTATOES.—Mash, then add $\frac{1}{4}$ cup of dry milk to each cup of potatoes. Use either the water potatoes were cooked in or fresh milk to give the right consistency.

WHITE SAUCES and CREAM SOUPS.—Use 4 tablespoons with each cup of milk or other liquid.

CUSTARDS, PUDDINGS, and BEVERAGES.—Use 4 to 6 tablespoons with 1 cup of water for each cup of milk called for in the recipe, or add 2 to 4 tablespoons to each cup of fresh milk.

WHIP nonfat dry milk for luscious desserts

Try this marshmallow-like topping on your favorite desserts.

DESSERT TOPPING

Yield: About $2\frac{1}{2}$ cups

- $\frac{1}{2}$ cup ice-cold water
- $\frac{1}{2}$ cup nonfat dry milk
- $\frac{1}{2}$ cup sugar
- 2 tablespoons lemon juice

1. Place water in bowl and add nonfat dry milk.
2. Beat with electric mixer or with a rotary beater until stiff. (This will take less time if bowl and beater are ice-cold. It can be done by hand in 5 to 10 minutes.)
3. Add sugar gradually, continuing to beat.
4. Add lemon juice and beat until well mixed.

KEEP homemade mixes on hand

They save money, time, and effort.

BISCUIT MIX

- 8 cups sifted flour
- 3 teaspoons salt
- 1 cup dry milk
- 1 cup fat (a kind that
- $\frac{1}{4}$ cup baking powder
- needs no refrigeration)

1. Sift dry ingredients together three times.
2. Cut or rub in fat until thoroughly mixed.
3. Lift mix lightly into glass jars or tin cans. Do not pack.
4. Close tightly and store on shelf.

Use biscuit mix in—

BISCUITS.—To 1 cup of mix add about $\frac{1}{3}$ cup of water or fluid milk—enough to make a soft dough. Turn onto a lightly floured board or pastry cloth and knead a few times. Pat or roll to the desired thickness and cut with a floured cutter. Bake in a hot oven (450° F.) 12 to 15 minutes. Makes 6 medium-sized biscuits.

MUFFINS.—To 1 cup of mix add $\frac{1}{3}$ cup of water or fluid milk, 1 beaten egg, and 1 to 2